



# THE MISSION BELL

CARMICHAEL PRESBYTERIAN CHURCH

June 2022

Volume LXII Number 5

## All Church Picnic

Sunday, June 5  
12:00 noon

Gibbons Park  
4701 Gibbons Drive, Carmichael

Bring your picnic lunch & a dessert to share.  
Lemonade and water will be served.  
Play games and catch up with folks you might not have seen in a while.



### Pie Bake-off!

Bake your favorite pie for the competition and win a prize!

Hope to see you there!

### INSIDE THIS ISSUE:

From Pastor Ivan	2
Welcome to CPC	3
Celebrating Our Graduates	4
Being a Matthew 25 Congregation	5
Worship Update	5
Courageous Conversations	6
Heritage Sunday	7
CPC Centennial History	8
Inclusion Task Force Update	9
Opportunity Knocks	10
In Our CPC Family	11
Notes of Thanks	11
Library Corner	11
Session Spotlight	12
Afghan Girls at CPC	12
Beloved Child of God	13
Scuttlebutt	14

## Planting Seeds of Faith Success!

After a hiatus of more than three years, the Planting Seeds of Faith luncheon and auction welcomed more than 150 guests to the beautifully decorated McMillen Hall for a delicious lunch, a

fantastic raffle, and lots of bidding.

Feasting on a fabulous meal donated by Jackson Catering & Events, guests browsed silent auction tables overflowing with spectacular items such as

artwork, photography, jewelry, potted succulents, and themed gift baskets. Many also tried their luck at the new "Wine Wall" and entered the raffle for a chance to win gift  
*(Continued on page 3)*

*From Pastor Ivan N. Herman:*

## "The North Wind & the Sun"

The sun and wind quarreled about which of them was stronger. From above the earth, they spotted a Traveler walking down the road, and the wind said he bet he could strip his coat off. The sun agreed to the contest. The wind blew and the man held tightly to his coat. The more the wind blew, the tighter he held. The sun said it was his turn. At first the gentle sunbeams were pleasant after the biting cold of the wind, but the man grew warmer and warmer until he shed the coat and sought the welcome shade of a nearby tree. *Gentleness and kind persuasion win where force and bluster fail.*

*-Aesop*

There are different understandings of the nature of God and whether God ever changes. In Malachi 3:6 God speaks, "For I the LORD do not change." James 1:17 puts it more poetically, "Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change." In theological terms we call this the doctrine (teaching) of the divine immutability of God.

How this plays out in our relationship with God has always been a matter of theological debate, even within scripture itself. Moses and Amos

changed God's mind about judgment, yet God remains faithful to the covenant promises. The cosmic Christ was incarnate in Jesus of Nazareth and his birth, suffering, death, and resurrection constitute real change even though "Jesus Christ is the same yesterday, today, and forever." (Hebrews 13:8).

And we, who are made in the image of God---do we change? The cells of our body are constantly replacing themselves and most of our body is renewed every 10-15 years, yet we are still the same person we were when we were younger.

Our relationships have changed, and even our understanding of identity has changed.

The fable of the North Wind & the Sun is a reminder that change is a constant in our lives and, indeed, in human institutions like our church. While rapid change (force and bluster) may cause us to pull our coats tighter, kindness and gentleness will

help us welcome change. Even with gentle change there is a necessary place for respite and rest.

As we cope with continued Covid-related disruptions, social changes, and transitions with worship and education within the church, we hold one another in love and care. Our Stephen Ministers continue to care for individuals who have experienced a loss or are living through a personal crisis. Deacons pray for, visit,



and connect with those who struggle for health or who are at risk of feeling isolated from the community.

Marinerships and small groups build social relationships and resilience for times of change that are already here.

On one hand our daily experiences change us so that the answer of "Who am I?" is unique to today. On the other hand, the answer will also always, always, always be, "I am a child of God."

# Welcome to CPC

As we return to church in person, we are finding new guests joining us. Many have been watching online and like what they see and want to learn more. Others are exploring opportunities to connect with a church



family after dealing with the isolating effects of COVID over the past two years. We have an opportunity to connect with our new guests and make them feel welcome. Offer to take someone to cof-

fee fellowship. Ask people their interests or ask how they found CPC. Share what you like about CPC and take the time to introduce them to your friends. If they have questions, and you don't have the answers, not a problem! Our pastors can point you to a person who does! And **Sharon MacLean**, our CPC Engagement Coordinator, would be delighted to connect them to social, service, mission, children's, and faith-related opportunities. If you don't see her around, get the guest's name and contact information, and share it with Sharon [bruce.sharonmac@gmail.com](mailto:bruce.sharonmac@gmail.com). **Lisa Torgerson** is also a great resource for all things related to children and youth.

We are each our church's best ambassadors. Each of us can help our new guests feel welcome.

P.S. Remember to wear your CPC name badge on Sundays. If you've lost it, contact the church office to replace it for a nominal amount!

## ... Planting Seeds of Faith ...

(Continued from page 1)

cards, electronics, and more! One highlight of the afternoon was the live auction with **Pastor Keith** showcasing his fast-



celebrating God's goodness and gathering to help CPC's children and youth were some of the best parts of the event. Preliminary estimates show we raised more than \$20,000 for summer camp scholarships, youth mission trips, and Vacation Bible School.

Many thanks to the auction team, CPC's youth, Jackson Catering & Events, and everyone who attended, bid, and celebrated!



talking skills to auction off trips, dinners, reserved parking spaces, and other fun items.

Just being together, cel-

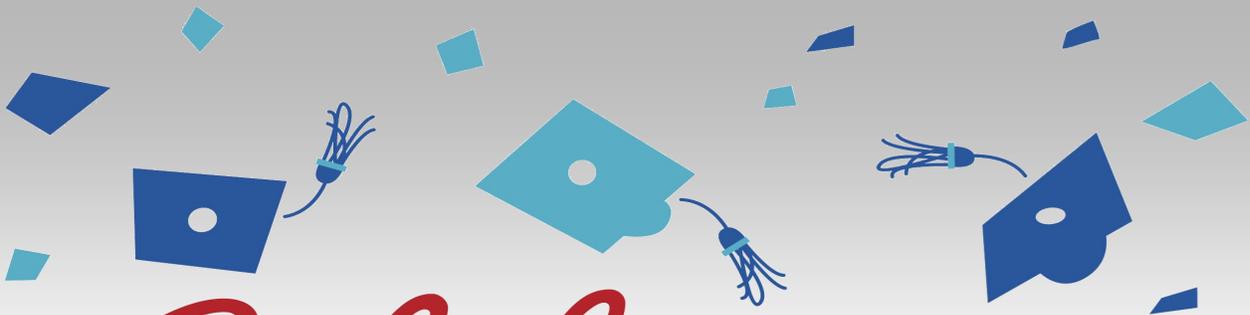


**THE MISSION BELL**  
(USP 593-640)

Published Monthly by  
CARMICHAEL PRESBYTERIAN CHURCH  
5645 Marconi Ave.  
Carmichael, CA 95608

Periodicals Postage Paid at  
Carmichael, CA 95608

Postmaster send address changes to:  
*Mission Bell*  
5645 Marconi Ave.  
Carmichael, CA 95608



# Celebrating OUR GRADUATES

Blessings and congratulations to these students in our CPC family who are graduating from high school this year:

**Nathan Bracy**, El Camino High School

**Michael Cherry**, Casa Roble High School

**Tyler Dron**, El Camino High School

**Ada Lorraine**, American Canyon High School, Vallejo, CA

**Kay Hall**, El Camino High School

**Luke Jordan**, El Camino High School

**Rory Phillips**, Natomas Pacific Pathways Prep High School

**Braden Chandler**, grandson of Terry Barto, El Camino High School

**Caroline Crow**, granddaughter of George Burbank, Rio Americano High School

**David Lev Erlich**, grandson of John and Kate Erlich, Berkeley High School, Berkeley, CA

**Giselle Lachini**, granddaughter of Margo Scandella, Bellevue High School, Yarrow Point, WA

**Benjamin Simpson**, grandson of John and Mary Simpson, York School, Monterey, CA

**Katie Tozier**, granddaughter of Len Tozier, Woodcreek High School, Roseville, CA

**Keith Willey**, grandson of Howard & Sally Willey, Del Oro High School, Loomis, CA



We also proudly recognize these college and higher education scholars and their academic accomplishments:

**Allison Harvey Bashay**, granddaughter of Tim and Barbara Farley, George Washington University Medical School, Washington DC.

**Paige Naten**, granddaughter of Laurie White, M.S. in Communication Science and Disorders from Chico State University

*(Continued on page 5)*

# ... Graduates ...

(Continued from page 4)

**Andrew Olson**, grandson of Janet Olson, M.S. in Science, Technology & Public Policy from Georgetown University

**Christopher Olson**, grandson of Janet Olson, B.S. in Biomedical Engineering from Santa Clara University

**Christy Peterson**, daughter of Mike & Patty Peterson, B.S. in Nursing from University of Nevada, Reno

**Pauline Peterson**, granddaughter of Richard & Charlotte Frink, B.S. in Geology from University of Puget Sound



## Being a Matthew 25 Congregation

by Barbara Farley

The Mission Division is responsible for many activities that provide support to the Carmichael community. And all of these provide volunteer opportunities for CPC members and anyone who lives in our community. If you want to explore volunteering for any of these programs, contact **Barbara Farley** at [b\\_farley@sbcglobal.net](mailto:b_farley@sbcglobal.net), or find her on the second Sunday of the month at the volunteer table in the Gathering Place.

### • **Supper on Saturday**

Prepare and/or serve a hot meal for our CPC neighbors on the third Saturday of each month.

### • **Food Closet**

Stock shelves 8:30-10:30 a.m. for afternoon food distribution OR bag and dis-

tribute groceries 12:00 noon-2:30 p.m. OR record phone orders for food 10:00 a.m.-12:00 noon. Spots are available on Mondays, Tuesdays Thursdays and Fridays.

Note: Watch for an invitation to a Sunday Open House in the Food Closet. See the new walk-in refrigerator/freezer and organizational shelving.

### • **Showers**

Monitor showers and provide supplies for homeless individuals and families every Saturday 8:30-11:00 a.m. or 11:00 a.m.-1:30 p.m.

in cooperation with Carmichael HART (Homeless Assistance Resource Team).

### • **Lunches**

Make lunches 9:00-10:00 a.m. or deliver lunches

10:00 a.m.-12:00 noon every Thursday with Carmichael HART. The team makes 40 bag lunches at CPC and then delivers them to people who are homeless in Carmichael.

The Mission Division hopes you

will take advantage of some of these activities that help with our outreach to the least of these in our community.



MATTHEW 25

# Worship Update

On April 24 a worship information meeting was held in the Chapel. For those unable to attend, here are a few of the highlights.

Last spring, the Worship Division and all the division leaders made a proposal to

session to move to one primary service on Sundays that would include both in-person and

online capabilities. After eight months of work designing a Sunday morning program, Session approved the move to one service in January 2022. In addition, a task force was formed to work on integrating and blending our two types of music styles on a permanent basis. This task force has been developing a vision and framework for a CPC Music Director to use and then fill in with their own gifts and talents.

While it has not been all smooth sailing, we are in the process of rebuilding and incorporating our music for Sunday mornings. **Gayle Litz** was hired as a consultant to lend her expertise to our musical experience. Our praise team musicians are stretching them-

selves and working hard to learn more traditional songs. A cantor/music leader is being incorporated into the service to lead the congregation in singing. A pre-service time beginning at 9:45 a.m. has started on a regular basis for



those that enjoy singing and want to become familiar with the songs prior to the service. We are also glad to welcome back the Sanctuary Choir, who will be singing through June, when they will take their usual summer break.

The task force recognizes areas we have fallen short, especially when it has come to communication and is committed to working harder in that area. The members of the worship task force are **Clint Dahlke, Misty Dunn, Terry Summers, Rae-Nani Stokes, Garrett Torgerson, Dave Mathews, Whitney MacLean, Karen Orlando, and Keith DeVries**. If you have questions, feel free to contact us. Most of all, we ask for patience in the process as we work to help create a music worship experience that allows us all to joyfully praise God.

In addition, a search committee has begun looking for a new music leader and organist. Look for more news on this process in the weeks to come. The search committee members are **Tara Calderon, Lori Roberto, Kathy Phillips, Bob Beckert, and Dave Studer**.

Sierra Vista Community Church (PC(USA)-UCC) invites members of Carmichael Presbyterian Church to join

## ***Courageous Conversation on Race: A Christian Response to Mass Shootings and Racism***

This Bible-based study explores pathways to overcome violence in its many forms—as individuals, as a church and as a country.

Discussion will include the most recent mass shootings of African-Americans and Asian-Americans.

Classes will be held on Zoom, and are tentatively set for either Tuesdays, July 5-August 9 1:00-2:30 p.m.

or

Wednesdays, July 6 - August 10 3:00 -4:30 p.m.

If you are interested in joining via Zoom, please email Beatrice Russell at [bernussell33@gmail.com](mailto:bernussell33@gmail.com)

# Heritage Sunday

On May 22, we celebrated Heritage Sunday by honoring members who have contributed so much to CPC for so many years. We gratefully acknowledged these members who have reached 40, 45, 50, and 60 years of membership, plus those who have been CPC members for over 50 and over 60 years. We also recognized those newest to our church family, having joined in the past year.

## **Over 60 Years**

*(joined 1954 - 1961 )*

William Baker

George Burbank

Trudy Carney

Helene Crowley

Naomi French-Parker

Margaret Herman

Carol Honnold

Ann Kerr

Gordon & Carolyn McGregor

Phil & Jimmi Mishler

Hazel Smith

## **Over 50 Years**

*(joined 1962 - 1971)*

Bob and Doris Beckert

Bob Brumm

Sue Carey

Karla Curran

Don Drudik

Betty Ekstedt

Linda Gracey

Ann Kelly

Barbara Krefting

Barbara Moore

Jan Olsen

Janet Olson

Jerri Pefley

Joyce Purvis

Wayne & Barbara Reimers

Ed and Janice Saunders

Marie Segur

Kathy Shay

Lynn Shultz

Janette Stoker

Mary Torgerson

Pat Warren

Laurie White

Matthew Wiley

Linda Williams

Doreen Wilson



## **45 Year Members**

*(joined in 1977)*

William Boland

Lisa Levering

Bruce MacLean

## **40 Year Members**

*(joined in 1982)*

Barbara Bishop

Deborah Bunn

Victoria Bush

Christi Davis

Katharine DeYoung

Ken DeYoung

Carol Dobler

Karen Gray

Priscilla Mauerman

Kathy Phillips

David Root

Mary Root

Howard Willey

Sally Willey

## **New Members**

*(joined May 1, 2021 - April 30, 2022)*

Josh Keaney

Paul Kinsella

James Marshall

Marjorie Marshall

Brook Silvernail

Linda Sweetman

## **60 Year Members**

*(joined in 1962)*

Joanne Lindsay

K. Robert Taylor

## **50 Year Members**

*(joined in 1972)*

Carol Hayes

Elizabeth Marty

# A Little Bit of CPC Centennial History

by Karen Orlando and Allison Cagley

And so, our story begins...

In 1918, a seed of faith was planted in a small farming community fifteen miles northeast of Sacramento, called Carmichael Colony. Three mothers, Mrs. Cowan, Mrs. Champlain, and Mrs. Ellithorpe found the need for their children to attend Sunday School, but the nearest church was five miles away on nearly impassable roads in Fair Oaks. Against heavy odds, these mothers organized a local Sunday School in the nearby schoolhouse on Sutter Avenue, which had been built the year before (the plot of land is now where Carmichael Elementary School is located). For two and a half years, a young woman in the community, Marie Shumate, hitched up an old horse to her father's long bed wagon every Sunday morning and drove down the dusty roads in the community picking up the children for Sunday School. By the time the Sunday School discontinued in 1920, there were fifty to seventy-five children coming regularly, but no adults.

The Sunday School started by these devoted mothers ended after Marie was married and went elsewhere to live, but while that seed of faith seemed to go dormant, God was watering and waiting. It didn't take long for that seed's roots to grow. In

1923 a retired Methodist minister, the Rev. J.W. Babcock, spoke to the Carmichael Community Club reminding them of the need for an organized Sunday School



Carmichael Community Church Sunday School class c. 1925

for the children.

By October, that seed had become to blossom into an organized church with a ratified constitution. It was called, "The Carmichael Community Church." In November, the weekly pledges hit a high point of \$12.63. On December 2<sup>nd</sup>, 1923, with a board of administration and trustees organized, a congregational meeting was called extending the position of part-time minister to Rev. Babcock at a sal-

ary of \$25.00 per month. On December 2<sup>nd</sup>, 1923, the basic elements of church existence were at last in place. And with that our story began. The foundation for what would become Carmichael Presbyterian Church had commenced.

- excerpt from *Heritage of Faith: A 75 Year History of Carmichael Presbyterian Church*, by Margaret Herman, Marie Segur, and Faye White

Today, we call Carmichael Presbyterian Church our home. Its members and friends are our family. We can't imagine our life's journey without the relationships and experiences we've had together here at CPC and in each other's homes.

Our church's upcoming Centennial is the perfect opportunity to honor and recognize the people and programs who live out the Gospel in word and deed. The year-long celebration, starting in January, includes the publishing of a commemorative book for not only our current members and friends but for future generations, and CPC visitors.

The CPC Centennial Planning Committee, which includes **Karen Orlando**, **Susan Herman**, and **Allison Cagley**, encourage you to share your stories of life at CPC with them so we can share and celebrate throughout 2023. More information about our Centennial (Continued on page 9)

# Inclusion Task Force Update

by Kathy Lewis



The Carmichael Presbyterian Church (CPC) Inclusion Task Force met for the first time on April 21, 2022. Monthly meetings have been scheduled through September.

As we shared in the April *Mission Bell*, our charge is to recommend to Session whether to affiliate with More Light Presbyterians, Covenant Network of Presbyterians, both, or neither in order to support inclusion of LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and others who don't fit any of these categories) people (and their families) at CPC; and to develop an implementation plan that includes all divisions; and a communication plan for the congregation.

The Task Force reviewed a summary of CPC's long history with LGBTQIA+ inclusion and learned that a pastor in our Presbytery, Merrill Follansbee and his wife Muriel (together with a friend) founded the Sacramento Chapter of PFLAG (Parents, Families, and Friends of Lesbians and Gays) forty years ago. Muriel was very active at CPC, and the group met in the CPC chapel in April 1982! A scholarship in their name is still provided annually to LGBTQIA+ students going on to higher education.

At their May meeting, the Task Force began the work of reviewing with **Pastor Keith**, Biblical references and supporting materials that both support and challenge inclusion of the LGBTQIA+ community. In addition, the Task Force was scheduled to review three PC(USA) Overtures from 2018 on sexuality and same sex relationships. The Task Force also plans to attend *Becoming Inclusive and Welcoming: The Journey toward Affirming LGBTQIA+ People in the Church*, an all-day Presbytery-sponsored event on Saturday, June 4.

The following people are on the Task Force and represent all of our divisions except Nominating: **Rae-Nani Stokes** and **Kathy Lewis**, co-chairs from Membership and Outreach, **Paul Kinsella**, Mission Division representative, **Clint Dahlke**, Worship Division representative, **Laura Janik**, Administration Division representative, **Misty Dunn**, Fellowship & Nurture Division representative, **Tracey Dron**, Education Division representative, **Brook Silvernail**, congregation representative, and **Pastor Keith DeVries**, our advisor.

If you have any questions about the Task Force, please don't hesitate to reach out to any of the members. We would be more than happy to hear your thoughts! And if you want to learn more about More Light Presbyterians and Covenant Network of Presbyterians, visit [www.mlp.org](http://www.mlp.org) and [www.covnetpres.org](http://www.covnetpres.org).

## ... Centennial History ...

(Continued from page 8)

nial and our celebration activities will be here in your *Mission Bell* in the next several months and throughout the year.

Let's honor those dedicated women who started the Sunday School and the many women and men who we can thank for our church home and legacy.

### MISSION BELL DEADLINE

10TH OF EACH  
MONTH  
FOR THE FOLLOWING  
MONTH'S ISSUE



Submit articles to: Amy Lerseth,  
*Mission Bell* Editor at  
[amylerseth@buzzoates.com](mailto:amylerseth@buzzoates.com)

# Opportunity Knocks

by Sharon MacLean, Engagement Coordinator

Hello CPC family! Are you wanting to get involved and plugged in to the life of CPC? Maybe you have a little extra time on your hands, want to meet new people, or use your time and/or talents to service God and help the church and our community? We have a variety of opportunities for you to choose from.

A few opportunities I'd like to highlight this month are for the Worship Division:

**Tech Team:** The CPC Tech Team is looking for some new members to work behind the scenes in the balcony to coordinate the sound system, video projection, and live streaming of the worship services. This paid position generally works two Sundays per month and occasionally at memorial services or weddings. Training provided. Church membership not required. Must be computer lit-

erate and familiar with Microsoft Windows and programs like PowerPoint. You may help out as little or as much as will work for your schedule.

**Sanctuary Choir or Worship Team** - Our music department is looking for more

singers. If you enjoy traditional hymns, consider joining the Sanctuary Choir. If

*for you to get involved. If you're interested and want more details, please reach out to me; I will fill you in and get you connected.*

**Deacons:** Pantry Coordinator (McMillen Kitchen)- twice a month. Inventory/replenish supplies as needed (reimbursed); Transportation-drive people to/from church periodically; Ushering during Sunday worship-at least once every other month.

**Food Closet:** AM, PM and Saturday shifts; food pick-up Drivers; Phone bank.

**Membership & Outreach:** Greeters to greet worshippers before church (9:45-10:00 a.m.).

**Mission and HART:** Weekly shower ministry; weekly homeless lunches; monthly SOS meal.

## **Buildings &**

**Grounds:** Discuss and prioritize campus needs; help with campus projects and upkeep; exploring feasibility of installing solar on campus.

**Fellowship & Nurture:** Health Ministries Committee; Fellowship with a Mariner group; Presbyterian Women (PW) Bible Study; Women's Bible Study small groups (day or evening); Men's Thursday

*(Continued on page 11)*



*The Worship Division is seeking people to join the tech team, Sanctuary Choir, and Worship Team*



you enjoy praising God through contemporary music, our Worship Team is also looking for vocalists to sing periodically in worship. Reading music is not required, though is helpful. Must attend practices. All ages teen through adult are welcome.

*There are many other areas*

## In Our CPC Family



Please lift up in prayer **Bob Bergsten** and family on the loss of his wife, **Char Bergsten**, on May 2.

## Library Corner



Some new books in the library this month:

- *The Only Prayer You'll Ever Need.*

By Douglas Fletcher (22k6.9) All about the Lord's Prayer

- *The Christian Life*, by Michael Lindvall. (248.4) Emphasis on Presbyterian Church
- *Whoever You Are*, by Mem Box (Easy) Pastor Mary Westfall read this to the children when she preached here recently.
- *Tear Soup*, by Pat Schwiebert (Easy) When children grieve

In the fall the new PW Bible Study will be *Celebrating Sabbath*. Our library is well stocked with seven books on the subject, three of them on the bibliography. One title is *Living the Sabbath* by Norman Wirzba (240.53)

## A Note of Thanks



To the Wonderful People of Carmichael Presbyterian,

Thank you for all you did to be there for us as we lost our parents. You prayed for Mom and Dad; brought them communion; and Doris, their deacon, remembered them at ever turn.

Thank you for your prayers for the family, your cards and the awesome support at the memorial service. You took care of things like ushering and moving flowers without skipping a beat. Your pastors and support staff have been such a blessing to us.

Carmichael Presbyterian will always be close in our hearts, as the place of our earliest faith development and as the church home for our parents to the end of their lives.

With so much gratitude,

*The Marks Family*

## ... Opportunity Knocks ...

*(Continued from page 10)*

morning fellowship (Zoom); Prayer shawl ministry; Single parents monthly meetup.

**Worship:** Sanctuary Choir; Worship Team singers; Lay Leaders; sharing your Faith Stories.

**Nominating Committee:** Elder for Fellowship & Nurture Division; member of the Nominating Committee.

**Miscellaneous:** Matthew 25 team; Earth Care team; Lay people to serve and help leaders on various divisions and committees (no time commitment required).

**Things to look forward to in 2022:** Stephen Ministry training classes in Fall; Family Promise, various committees and event planning leading to our Centennial celebration in 2023.

**PRAY:** Pray for those on the prayer list in the *Parish Notes* and ePrayer; Pray for CPC members and staff; Pray for our community, country, and world.

I will have an "Opportunity Knocks" sign-up table after worship once a month with current opportunities for involvement. Please stop by and see where you might fit in. Or feel free to send me an email at [bruce.sharonmac@gmail.com](mailto:bruce.sharonmac@gmail.com). I'm happy to help you find a place to get involved and connect you with any of the leaders of specific ministries.

# Session Spotlight

by Linda Hatch, Clerk of Session

The Session of Carmichael Presbyterian Church is currently comprised of sixteen ruling elders. Regular monthly session meetings are held eleven months out of the year (excluding July). Prior to each meeting, reports or meeting minutes from the divisions and the Deacon Board are provided to session members for review. The pastors and session members which you elect approve goals, projects, activities, and dates on your behalf.

New session members for the class of 2025 have been in training and will begin their three year term in June. The class of 2022 will retire in June with our thanks for a job well done.

The following items were approved at the April 26, 2022 session meeting:

Receive the **March 2022 Financial Report:**

## General Fund

Income, March 2022	\$73,951.54
Income YTD	207,438.23
Expense, March 2022	68,517.14
Expense, YTD	209,151.04

## 21<sup>st</sup> Century

Income March 2022	\$26.69
Income, YTD	716.48
Parking Lot Fund balance	\$227,537.89

**Vacation/leave requests:** One vacation day and one weekend off for Pastor Keith DeVries April 29-May 1; study leave (retroactively) for Pastor Ivan Herman January 11-16; study leave for Pastor Ivan Herman May 2-4, June 14-18 and 19-24; and vacation for Pastor Ivan Herman June 25-July 6.

## Afghan Girls at Meet at CPC in April

In April, CPC offered a welcoming space for Afghan girls participating in Capital Community Athletic activities so that they could continue to connect during the month of fasting during Ramadan. Each week had a different theme. A young lady led the girls through yoga exercises on April 5. On April 12, they had a craft night and decorated

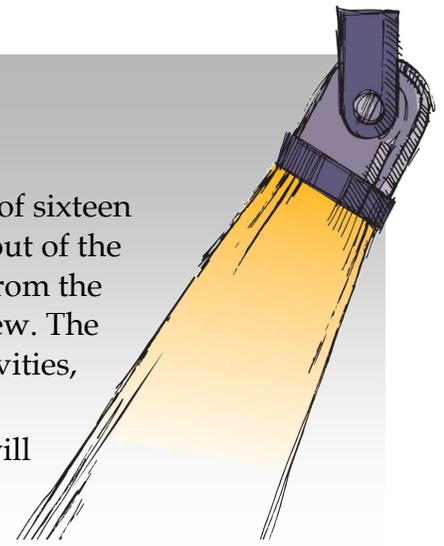
mugs. On April 19, it was yoga again. And finally on



April 26, they had crafts and make-up! An aesthetician volunteer showed the girls how

to do fun things with make-up. Participation varied between 15 and 20 each evening.

McMillen Hall has been a place of security for the girls in the past, and once again was a place of welcome for these young ladies. Capital Community Athletics is a new non-profit that has been using athletics to provide welcome and support to Afghan refugee children and youth in our community. They are grateful for our church's hospitality.



# "Beloved Child of God"

by Misty Dunn Stephen Minister/Leader

*Daughter, your faith has healed you," Jesus said. "Go in peace." (Luke 8:43)*

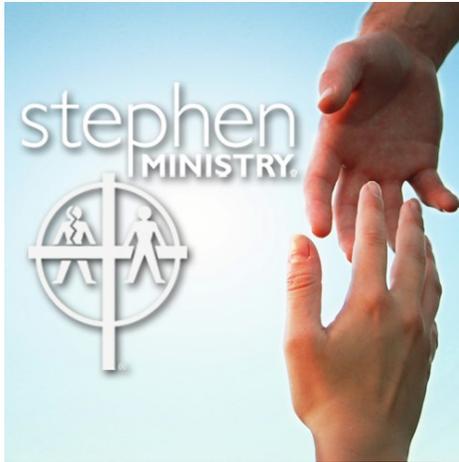
Jesus, our Lord, called this woman, a stranger, "Daughter," claiming her as an integral part of His family.

This was in the time when women were thought of as just possessions of the husband or father, definitely subordinate to men. There are few stories in the Bible highlighting women, so this one is an important reminder that *every* person, no matter what they look like, their gender, how society regards them, or even what they do, is a beloved child of God — made in God's image, loved no matter what.

We sometimes get hung up worrying that we're 'not good enough,' or we don't do enough. We know, intellectually, that God loves and forgives us, yet we may still struggle to believe it deep in our hearts. We may look to other people or things for validation or affirmation of our worth instead of looking to God.

In times of doubt, it might help to hold on to this instruction: "*Be strong in the Lord and*

*in the strength of his power."* (Ephesians 6:10) When we focus on the strength, security and love that God promises rather than on our situation, however challenging it may be, we allow God the opportunity to bring us healing and peace. God is in our every struggle, working with and for us. While God doesn't take away whatever is challenging us, our Lord assures us that



He is 'on our

side,' giving us strength. With God's constant presence and help, always working with us for our ultimate good, we can rise above our struggles and flourish.

If your situation — no matter what it is — is causing you to struggle or feel "stuck," talking with someone who will listen compassionately, without judgment, and keep confidentiality may be just what you need.

A Stephen Minister, trained here at CPC, can do just that! Stephen Ministers' 50 hours of training equips them to bring Christ's healing love to people who feel overwhelmed, are grieving, or are experiencing other stresses in life.

When someone requests a Stephen Minister through a Pastor or our Stephen Ministry confidential referral line, **Kelly Holland**, our Stephen Ministry Referrals Coordinator will meet with that person. Kelly will explain what Stephen Ministry is and help determine whether Stephen Ministry is the kind of care that person needs. Kelly will then match that person with one of our available Stephen Ministers. The Stephen Minister will then call that person and begin meeting with him or her, one to one, for around an hour each week for as long as the need is there. Everything a care receiver says to his or her Stephen Minister is kept confidential. The Stephen Minister doesn't try to solve problems; rather he or she listens, cares, prays, and helps the care receiver find his or her path to healing and wholeness.

To request a Stephen Minister, call the confidential referral line: **916-486-0604**. For more information about Stephen Ministry, call a Stephen Leader: **John Wallace, Kelly Holland, Mary Thomas, or Misty Dunn**.

# Scuttlebutt

*News from CPC's Mariner Ships*

## Nautilus

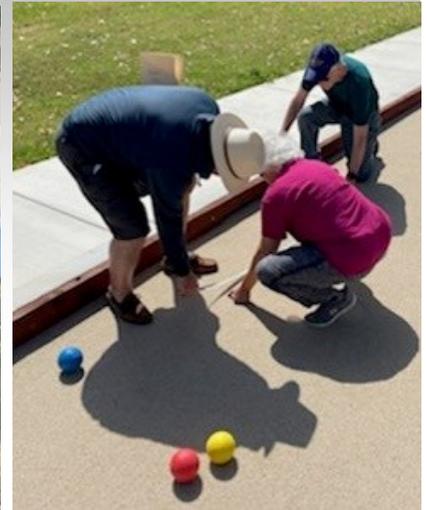
Nautilus members enjoyed an exciting day of bocce ball at Carmichael Park in May.



*Victory!*



*Harvey Swenson reviews the rules to a skeptical audience.*



*All-important measuring*

## Skipjacks

*Feliz Cinco de Mayo!*

Fiesta colored tablecloths and red peonies decorated **Jan Olsen's** backyard tables where 15 shipmates enjoyed a typical Cantina Azteca catered dinner. The theme was a celebration of Mexican culture. **John Cameron** was at the helm of the blender of strawberry margaritas, paired with tortilla chips, guacamole and salsa.

It was not all

play and no work, however.

**Doris Beckert** suggested some beautification of the Columbarium area. Some azaleas will be planted in bare spots.

**Bob Beckert** showed price lists and sketches of a bench to be placed in the inner courtyard with a

plaque during the church's Centennial, pending approval of Buildings & Grounds. Both projects were given a hearty Skipjacks approval. **Jimmi Mishler** reported that our gift cards, as well as those from PW and their 90 lap robes were given to the emancipation program for youths aging out of foster care.

There will be two June events: a cello concert and brunch at the Loomis Flower Farm on Saturday, June 25, , and attendance at "Carousel" at Music Circus on June 30 at 2:00 p.m. Busy month! We won't forget Father's Day, some graduations, but no June weddings that we know of.



*Skipjacks celebrate Cinco de Mayo in style!*

# Our CPC Staff

Remembering that the members of Carmichael Presbyterian Church are the ministers and missionaries of our faith community, our Pastoral Staff and Support Team provide leadership and specialized ministries.

**The Rev. Keith L. DeVries**

**The Rev. Ivan N. Herman**

**Gayle Litz,**  
Interim Music Director

**Trina Spivack,**  
Accompanist

**Tammy Sigl,**  
Interim Bell Choir Director

**Lisa Torgerson,**  
Children's & Youth Ministry  
Director

**Paul & Mary Camozzi,**  
Childcare Providers

**Karen Gray,**  
Pastors' Secretary

**Julie Ueltzen,**  
Church Secretary

**Paul Shultz,**  
Financial Administrator

**Ron Morris,**  
Maintenance Manager

**Christian Bolen,**  
Custodian

**Lisa Levering,**  
Wedding Coordinator

# Our Mission

*Responding to God's love through  
Jesus Christ, we:*

- *Welcome all*
- *Nurture relationships*
- *Grow in faith together*
- *Connect with and serve our community and the world*



# Contact Us



## by phone:

CPC Office	916-486-9081
Stephen Ministry	916-486-0604
Food Closet	916-483-9232

To leave a voice mail message for a staff person when the office is closed, dial 916-486-9081. When the machine answers your call, dial the person's extension.

Keith DeVries	203	Paul Shultz	205
Ivan Herman	202	Karen Gray	201
Julie Ueltzen	200	Lisa Torgerson	204
Ron Morris	206		

## via e-mail:

Keith DeVries	keith@carmichaelpres.org
Ivan Herman	ivan@carmichaelpres.org
Julie Ueltzen	carmichaelpres@gmail.com
Karen Gray	karen@carmichaelpres.org
Paul Shultz	paul@carmichaelpres.org
Ron Morris	ron@carmichaelpres.org
Lisa Torgerson	lisa@carmichaelpres.org

Or link to email through our website: [www.carmichaelpres.org](http://www.carmichaelpres.org)

## TIME VALUE MAIL

# Sundays @ CPC

---

## In-Person & Live Stream Worship 10:00 a.m. - 11:00 a.m.

A blend of traditional and contemporary music styles provide an opportunity to bring new life to the Word. Go to <https://www.youtube.com/c/carmichaelpres> or search for "carmichaelpres" on the YouTube app or your Smart TV. Plus, watch recordings of past worship services any time.



---

## Sunday School 10:15 a.m. - 11:00 a.m.

All children are welcome and encouraged to attend worship. Kids age 4-5th grade will be dismissed to their class following the pastor's Time for Young People. Sunday School ends June 12 for summer break.



---

## Coffee Fellowship 11:00 a.m. - 11:30 a.m.

Visit and enjoy a cup of coffee and browse the Art Exhibit in the Gathering Place before and after worship services.

